

KY TEACH PROJECT

KY Commission for Children with Special Health Care Needs
982 Eastern Parkway
Louisville, KY 40217

Phone: 502-595-4459 x 314 or 268
or 1-800-232-1160 or Fax: 502-595-4673

FUN RECIPE Holiday Candied Pecans

Ingredients:

- 1 egg white
- 1/2 cup packed brown sugar
- 1 dash vanilla extract
- 4 cups pecans

Directions:

Preheat oven to 275 degrees F (135 degrees C). Line a cookie sheet with wax paper. Spray the wax paper with cooking spray.

Beat egg white until stiff. Add brown sugar and vanilla. Stir until smooth. Mix in pecans and stir until coated. Pour the nuts onto the prepared cookie sheet.

Bake until browned, approximately 10 to 15 minutes.



EMAIL US!
kytransition@aol.com

Do you need help finding resources or services in your area? Here's a website that can help:

www.kycares.net



HOLIDAY FUNNIES!!

Q: What do you call people who are afraid of Santa Claus?

A: *Claustrophobic!*

Q: What do snowmen eat for breakfast?

A: *Snowflakes!*

Q: What do you get if you deep fry Santa Claus?

A: *Crisp Cringle.*

Q: What do elves learn in school?

A: *The Elf-abet!*

If you have a joke or riddle you would like to be featured in the next newsletter send it to:

KY TEACH PROJECT, Lee Gordon, Commission for CSHCN, 982 Eastern Parkway, Louisville, KY 40217

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INDEPENDENCE

SUCCESSFUL LIVING: Part III Stuff you might not have learned in high school but you should probably know anyway!

This month we have part three of our four-part successful living series.

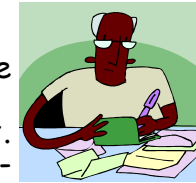
This time we are focusing on organizational, insurance, human and educational and employment skills.

Like last time, check and see how many of these things you can already do, and make it a point to learn how to do those things you can't do yet.

If your disability prevents you from actually doing some of these things, you can learn how to instruct someone to help you with them.

ORGANIZATIONAL SKILLS:

- Create a budget. Remember: it takes longer to earn money than to spend it!
- Balance a checkbook without a computer program even if you bank online.
- Maintain an address book and a personal appointment calendar.
- Set up a filing system to keep all the important paperwork in your life in one place.



CCSHCN
December, 2001

Kentucky
Commission for CSHCN
Regional Offices and
Phone Numbers:

Ashland

800-650-1329

Barbourville

800-348-4279

Bowling Green

800-843-5877

Edgewood

888-542-4453x5135

Elizabethtown

800-995-6982

Hazard

800-378-3357

Hopkinsville

800-727-9903

Lexington

800-817-3874

Louisville

800-232-1160

Morehead

800-928-3049

Owensboro

877-687-7038

Paducah

800-443-3651

Prestonsburg

800-594-7058

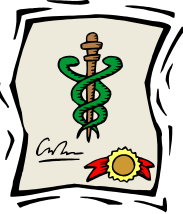
Somerset

800-525-4279

LIFE SKILLS LIST

INSURANCE SKILLS:

- Know your insurance plan name, address, case manager contact information and be responsible for your insurance ID card.
- Know what benefits are covered and be prepared to make co-payments as necessary.
- Know how to submit bills for payment and handle disputes as necessary.



HUMAN SKILLS:

- Care for a dog, cat or other animal including when it is sick.
- Baby-sit for children ranging in age from 6 months to 6 years old.
- Aid elderly or other person in need
- Don't be too embarrassed to say "I don't know" or too proud to say "I'm sorry".
- Have developed communication skills necessary to interact with peers, authority figures and community members



EDUCATIONAL AND EMPLOYMENT SKILLS:

- Know how to register to take college entrance exams (SAT/ACT, etc.)
- Know how to apply to college and vocational schools and how to get financial aid, scholarships, etc
- Identify activities of interest and find appropriate community education courses
- Know personal learning styles, career interests and opportunities
- Advocate for yourself regarding necessary job or school accommodations
- Have a resume and model letter requesting recommendations
- Complete a job application and interview for a job
- Have interpersonal skills needed to maintain employment
- Have obtained job experience through volunteer work, part-time and summer jobs
- Identify people and agencies to assist in job searches



Adapted from Parade Magazine, March 25, 2001, and KY TEACH Competencies for Young People Transitioning to Post Secondary School and/or Work, February, 2001.

HEALTHY LIVING: Go Back To The Basics For Healthy Holiday Feasts

Folk wisdom says the average American will gain about five pounds in the course of holiday celebrations. Does this mean you'll be pigging out from now until New Year's Eve, then suffering through a severe diet until you take off the pounds? Not necessarily, according to Dr. Adam Drewnowski, Director of the University of Washington Nutritional Sciences Program in the School of Public Health and Community Medicine. He suggests looking back to what the first settlers had on their menu on special occasions.

"First of all, plan to keep the roast turkey, and toss out all this irrelevant stuff, like candied yams and mashed potatoes that are half butter. For the vegetables, I'm thinking of things like eggplant, zucchini, tomatoes, beets, sweet peppers, onions, corn, all these vegetables native to the Americas, all roasted or on the grill," Drewnowski says. "Use the produce of the land, prepared very naturally, with a little olive oil and a little salt and pepper. Let them caramelize for a little enhanced flavor -you won't need sugar. If you start with soup, the roast turkey, the grilled vegetables, a salad and a variety of fresh fruit for dessert, you have the traditional ingredients of a holiday feast, without

the sugar and fat extravaganza."

The typical American holiday meal focuses mostly on sugar and fat, with a few healthy things like sweet potatoes, fruit and nuts thrown in almost as an afterthought. As for Christmas cookies, only a limited number of us can indulge in those without gaining weight, since they are made primarily from fat and sugar.

As you plan your meals, bear in mind that the calories in the traditional treats our grandparents ate during the holiday season were expended almost immediately in the effort to stay warm and earn a living. We don't have to work so hard to maintain body temperature, thanks to central heating, but we still eat many of the calorie-laden goodies our ancestors did when they depended on wood stoves in drafty houses.

Feasting on simply prepared, low-fat foods in appropriate portions, and indulging in fatty sweets only after plenty of exercise could be your key to starting the New Year without the need for a weight-loss resolution.

Adapted from HealthBeat, Tuesday, November 28, 2000, University of Washington.